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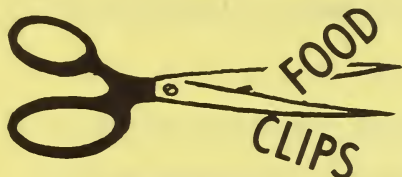
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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## U.S. FOOD ASSISTANCE

### - - -To other countries

Remember that buttermilk and home-soured whole milk can be used interchangeably for baking, according to USDA home economists. And--sour half-and-half may be used in place of sour cream in many recipes.

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A festive dessert often begins with ice cream balls. Scoop ice cream into balls and place on a tray covered with waxed paper and return to the freezer until firm. You can roll the frozen balls into tinted coconut, into crushed fruit, mincemeat, nuts or whatever--try a new idea.

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If you're calorie-watching you can still make ice cream by using chilled evaporated milk (not diluted) in place of light cream. This brings the calorie count down to about 140 calories per serving.

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Check your labels! And you'll see that "skim milk" is not the same as "lowfat" or "fortified skim" or even "two percent." Each one is different.

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In eight years (1965 to 1972) the United States provided 84 percent of all food aid contributions of developed countries (both bilateral and multi-lateral aid). The U.S. provided 46 percent of all World Food program aid since 1962. And spent \$25 billion in donations and concessional sales since beginning of Public Law 480 in 1954. And we've shipped 243 million tons of wheat, rice, and other grains since 1954.

The United States has also aided Bangladesh--contributed a third of all food aid since its independence in 1972. Also, the U.S. has been the leading provider of economic development since India's independence.

\* A paper, prepared by the Secretary of Agriculture Earl L. Butz following the World Food Conference in Rome, Italy, is available by writing to the Press Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

## USDA PROPOSAL

## - - -on Label Terminology

Is a "Danish brand ham" really from Denmark? You'd guess so -- maybe, but you'd be wrong! And is "German sausage" really made in Germany? Don't bet on it. These are points of confusion for the American consumer now ... But -- a new U.S. Department of Agriculture proposal would eliminate this kind of problem.

Under the new labeling proposal by USDA's Animal and Plant Health Inspection Service, the use of geographical terms would be permitted only if:

- 1 ... the geographical statement truthfully represents the origin of the product: "Danish ham" (actually produced in Denmark.)
- 2 ... the geographical term is commonly known to the public -- or is a trade name -- or is a registered trademark. (Registered with "r" in circle)
- 3 ... geographical term is required by federal regulation, such as the names "Bologna" and "Vienna" which are the official names of specific types of sausages.
- 4 ... geographical term is generally understood to identify a particular class or style of product, such as "Mexican style", or "Italian style".
- 5 ... fanciful names, such as "moon sausage", would be permitted since the place of origin would not, normally, be confusing to the consumer.

COMMENTS INVITED --- Send them in duplicate to the USDA Hearing Clerk, Room 112-A, U.S. Department of Agriculture, Washington, D.C. 20250. The deadline for filing comments is February 7, 1975. (Confidential material or requests for oral presentation of views should be addressed to the Labels and Packaging Staff, Technical Services, Meat & Poultry Inspection Program APHIS, USDA, Washington, D.C. 20250.)



## THE GAME PLAN

- - - FOR NUTRITION EDUCATION

FNS-122

"The Four Food Groups for Better Meals Game" is played like the game of "Bingo" -- and is suitable for any age group. Players learn the four food groups as they play. The game is based on the use of the Daily Food Guide poster (FNS-13) and is published by the Nutrition and Technical Services of the Food and Nutrition Service, U.S. Department of Agriculture.

Single Copies ...

are available free  
to members of the  
working press ...  
home economists ...  
and teachers.

Write to:

Food and Nutrition  
Service, U.S.

Department of  
Agriculture,  
Washington, D.C.

20250.

Request publication

FNS - 122.

The <sup>4</sup> Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE- FRUIT	BREAD- CEREAL	OTHER
17	21	47	77	97
11	22	49	71	88
18	32	53	69	90
5	30	48	62	81
16	31	42	65	98

List several foods from group and "others"

Milk Group:

Meat Group:

Vegetable-Fruit Group:

Bread-Cereal Group:

Other Foods:

# COST OF FOOD AT HOME FOR A WEEK (October)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$26.70	\$33.70	\$41.00
Elderly couple.....	21.70	27.80	33.10
Family of 4 with preschool children.....	38.60	48.50	58.70
Family of 4 with elementary school children.....	45.00	56.90	69.30
Individuals*			
Women			
20-34 years.....	11.20	14.10	16.90
35-54 years.....	10.70	13.60	16.10
55 years and over.....	9.00	11.60	13.70
Men			
20-34 years.....	13.10	16.50	20.40
35-54 years.....	12.10	15.30	18.50
55 years.....	10.70	13.70	16.40
Children			
1-2 years.....	6.50	8.00	9.60
3-5 years.....	7.80	9.90	11.80
6-8 years.....	9.60	12.10	15.00
9-11 years.....	11.10	14.20	17.00
Girls 12-19 years.....	12.00	15.30	18.10
Boys 12-19 years.....	14.10	18.00	21.40

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

For those eating all meals at home (or carrying some meals from home), use amounts shown.

For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.

For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

**NOTE:** Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.